



**RSA 2010 Summer Sizzle Meet**  
**Hosted by Raleigh Swimming Association**  
**June 26-27, 2010**

- Sanction:** Held under the Sanction of United States Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10064.
- Sponsor:** Raleigh Swimming Association
- Location:** Triangle Aquatic Center  
275 Convention Dr.  
Cary, NC 27511  
(919) 459-4045.  
See <http://www.triangleaquatics.org/> for more information and directions.
- Date:** June 26-27, 2010
- Times:** Sat AM - Warm-ups: 11:00 AM, Start: 12:00 noon  
Sun - Warm-ups: 11:00 AM, Start: 12:00 noon
- Warm-ups:** Warm-up lane assignments will be determined after the entries have been received and will be included in the coaches' packets.
- Classification:** Age Group / Senior  
All events will be swum as timed finals.
- Time Standards:** No time standards for 50's and 100's.  
12&under 200's require a qualifying time listed in the Order of Events. Note: they may meet the time standard with *either* the 100 time or the 200 time.  
13&over 200's have no time standards.  
400 free requires an age-group appropriate BB time in the 200 free.  
800 free requires an age-group appropriate BB time in the 200free.  
1500 free requires an age-group appropriate A time in the 200 free.  
400 IM requires an age-group appropriate B time in the 200im.

**Rules:**

The meet will be conducted in accordance with the current USA Swimming Code, the NCS Official Handbook, and the NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

The North Carolina Scratch Rule will be in effect for this meet. For example:

204.3. INDIVIDUAL SCRATCH RULE - Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

204.3.2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 yards or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

204.3.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

A The Referee is notified in the event of illness or injury and accepts the proof thereof.

B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.

C It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Distance Events:**

All events 400 meters and longer will be deck seeded. All events 400 meters and longer will be swum as Open events without age group categorization; all entries will be seeded as one group. Positive check-in for those events will be required and will close 30 minutes after the start of warm-ups for that session.

Events 400 meters and longer will be swum girls **fastest to**

**slowest**, followed by boys **fastest to slowest**.

Each swimmer in the 400 IM and 400 Free must provide their own timer.

**Relays:**

All Relay events will be swum as timed finals in the session indicated in the Order of Events. All swimmers entering relays must be listed on the entry sheets. Relay entries should be by the following age groups (10 & Under, 11-12, Senior/Open) and will be deck seeded and swum by entry times.

Relay sheets with the names and order of the relay swimmers must be delivered to the clerk of course not later than (NLT) the conclusion of the sixth event for that session.

**Competition Course:**

All sessions will be swum in an 8-lane competition course. Meet management reserves the right to divide any sessions by gender or age as necessary to best serve the athletes, officials, and families.

**Timeline and Meet Entry Constraints:**

Meet Management reserves the right to combine any events as needed and reserves the right to limit the number of heats or entries in any event to control meet timelines. This includes events with combined age groups.

Meet Management reserves the right to implement chase starts for events 100 meters or longer in order to maintain reasonable timelines. All events 400 meters or longer will be deck seeded. Positive check-in for those events will be required 30 minutes after the start of warm-ups for that session.

**Safety:**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. **NO running or horseplay will be tolerated. NO blocking of fire exits, which includes doors and passages.**

**Eligibility:**

All athletes must be registered with USA Swimming, Inc. Registrations will be checked according to NCS rules. Out-of-LSC clubs must submit an official copy of their roster along with their entries.

Raleigh Swimming Association, Inc. welcomes all swimmers with disabilities as described in the USA Swimming Technical Rules, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice to the meet director by the entry deadline accompanying their meet entry file, including the names of any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RSA's ability to accommodate all requests

**Entries:**

All entries should be submitted in Hy-tek format, and will be matched to the appropriate event by the event number. Entries may be submitted via email to [meets@swimrsa.org](mailto:meets@swimrsa.org). However hard copies of each entry, showing the swimmers' ages as of June 26, 2010 must be included in the normal post delivery along with the summary sheet, team checklist, and payment. **All entry information must be received by June 16, 2010.** Out-of-State entries must also include a copy of the team's official roster or present their USS registration cards as evidence of current registration.

Teams will be required to resubmit their entire corrected meet entry file to resolve any meet entry issues as the meet staff does not have the capacity to correct entries for individual swimmers or events. If meet entries must be limited, they will be accepted in the order in which final and completely correct entry files and complete payment of all entry fees are received until the meet capacity is reached.

There will be no "ON DECK" registrations accepted.

'**NO TIME**' (NT) entries **WILL NOT** be accepted for this meet. Swimmers with NT events should be entered with their estimated times. **Any NT entries will be scratched, and entry fees will not be refunded.**

This is a Long Course Meters event so please enter with Long Course times.

**13 & over swimmers entering a 50 meter event other than freestyle should enter with their best guess 50 meter time for the event.**

**Entry Limit:**

Swimmers are limited to 3 individual events and 1 relay on each day. **NOT TO EXCEED 6 INDIVIDUAL EVENTS FOR THE MEET.** Swimmers who are entered in more than the allowed number of events will be automatically dropped from the event(s) that put the swimmer over the limit. **No refunds will be given for inappropriate entries.**

We anticipate the Saturday & Sunday session will not take 4 hours. In the event that meet entries exceed 4 hours we will reserve the right to run a split session Saturday. We may also limit entries in the 800 and 1500 freestyle on Saturday and Sunday.

**Entry Deadline:** Entries will close the earlier of:  
(1) **6pm Wednesday, June 16, 2010, or**  
(2) **When the sessions reach an estimated 4 hours in length.**

Telephone entries and fax entries will not be accepted. Late entries may be accepted at the discretion of the Meet Director but will be charged double entry fees. As the meet capacity is met, teams will be notified by telephone or email if their entries can not be accommodated, and entry fees refunded.  
**NO OTHER REFUNDS WILL BE MADE.**

**Entry Fees:** Individual events: \$2.50 per event / \$3.00 OOS entries  
Relay events: \$8.00 per relay  
Facility Surcharge: \$15.00 per swimmer  
NCS Travel Surcharge: \$2.00 per swimmer

**No refunds will be given for inappropriate entries.**

**Mail Entries & Fees To:** RSA 2010 Summer Sizzle Meet  
6300 Chapel Hill Rd  
Suite 110  
Raleigh, NC 27607  
(919) 859-4881  
meets@swimrsa.org

Please make checks payable to RALEIGH SWIMMING ASSOCIATION

Do not send entries in a manner that requires signature upon delivery. Email verification of receipt will be sent. If there are any questions about entries please call the RSA office or the Meet Director. Please include all team, swimmer and/or event information in the message.

**Scoring:** The meet will not be scored.

**Awards:** No placement awards. Host team may elect to give participant awards.

**Results:** Individual team results will be emailed to each club following the completion of the meet. Complete results will also be posted on the RSA website: [www.swimrsa.org](http://www.swimrsa.org)

**USA Swimming Membership:** Coaches must present a current USA Swimming membership card to the meet director to receive their entry package and must display their membership card at all times during the meet.

**Coaches Meeting:** A coaches meeting will be held at 10:45 AM on June 26.

- Coach Check-In:** Coaches' packages with warm-up times, lane assignments and any updates to the meet information will be distributed to the coach upon check-in at the Clerk of Course. Coaches must present their USS coach membership card to the Clerk of Course to receive their packets. Coaches without a coach membership card will not be allowed on the pool deck.
- Official's Briefings:** Official's briefings will be held in the hospitality room 20 minutes after the start of warm-ups for each session.
- Meet Host:** Raleigh Swimming Association (919) 859-4881  
Kit Raulerson, Head Coach kit.raulerson@swimrsa.org
- Meet Directors:** Larry Godlewski (lgodlewski@nc.rr.com)
- Meet Referee:** Thornton Burnette (thor8550@aol.com)
- Meet Marshall:** Ian McCullough
- Meet Entries:** Gary Quint ([meets@swimrsa.org](mailto:meets@swimrsa.org))
- Officials:** RSA welcomes anyone who would like to assist with officiating during this meet. Please contact the Meet Referee, or include the name, phone number, and level of any willing official with your entry.
- Timers:** Participating clubs may be asked to provide timers in proportion to their entries. Those swimming the 400 Free and 400 IM should be prepared to provide their own timer for that event.
- Hospitality:** A hospitality area will be provided for the coaches, officials, and volunteers.
- Facility:** The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The 50 meter pool has a certification for USA Swimming. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 10 warm-up/swim-down lanes. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.

**Parking:** Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

**Concessions:** Concessions are available at the Triangle Aquatic Center Café Splash Down for spectators and swimmers.

**Release Statement:** USA Swimming, Inc., North Carolina Swimming, Inc., Raleigh Swimming Association, The Triangle Aquatic Center (TAC) and ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS shall be held Free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Hotels:** Hampton Inn and Suites  
111 Hampton Woods Lane,  
Raleigh, NC 27607,  
(919) 233-1798.  
[www.carysuites.hamptoninn.com](http://www.carysuites.hamptoninn.com)  
Minutes from the Triangle Aquatics Center. Free Comp room for coach if team stays here.



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**June 26-27, 2010**

**Order of Events:**

**Saturday A.M. – June 26**

Warm-ups: 11:00 A.M. / Start 12:00 Noon.

Female	Qualifying Time	Event	Qualifying Time	Male
1	100 Free – 1:20.79 OR 200-2:53.89	12 & Under 200 Free	100 Free – 1:18.29 OR 200 – 2:50.69	2
3		13 & Over 200 Free		4
5		12 & Under 100 Butterfly		6
7		13 & Over 100 Butterfly		8
9		12 & Under 50 Back		10
11		13 & Over 50 Back		12
13	100 Breast – 1:44.99 OR 200 – 3:47.59	12 & Under 200 Breast	100 Breast – 1:44.19 OR 200 – 3:44.19	14
15		13 & Over 200 Breast		16
17		12 & Under 100 Free		18
19		13 & Over 100 Free		20
21		12 & Under 50 Butterfly		22
23		13 & Over 50 Butterfly		24
25	100 Bk – 1:33.89 OR 200 – 3:20.29	12 & Under 200 Back	100 Back – 1:34.19 OR 200 – 3:15.79	26
27		13 & Over 200 Back		28
29		10 & U 200 Freestyle Relay		30
31		12 & U 200 Freestyle Relay		32
33		13 & O 200 Freestyle Relay		34
35	Age Appropriate BB time in 200 IM	Open 400 IM	Age Appropriate BB time in 200 IM	36
37	Age Appropriate BB time in 200 Free	Open 800 Freestyle	Age Appropriate BB time in 200 Free	38

\*All events 400 meters and longer will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 400 Free and 400 IM events will be swum fastest 3 heats of girls swum slow to fast; fastest 3 heats of boys swum slow to fast; remaining heats alternating girls then boys swum fast to slow.

**Sunday AM - June 27**  
Warm-ups: 11:00 AM / Start: 12 Noon

Female		Event		Male
39		12 & Under 100 Breast		40
41		13 & Over 100 Breast		42
43		12 & Under 50 Freestyle		44
45		13 & Over 50 Freestyle		46
47	100 Fly - 1:33.69 OR 200 - 3:19.09	12 & Under 200 Butterfly	100 Fly - 1:32.49 OR 200 - 3:18.29	48
49		13 & Over 200 Butterfly		50
51		12 & Under 100 Back		52
53		13 & O 100 Back		54
55		12 & Under 50 Breast		56
57		13 & O 50 Breast		58
59	3:19.69	12 & U 200 IM	3:19.59	60
61		13 & O 200 IM		62
63	Age Appropriate BB time in 200 Free	Open 400 Freestyle	Age Appropriate BB time in 200 Free	64
65	Age Appropriate A time in 200 Free	Open 1500 Freestyle	Age Appropriate A time in 200 Free	66

\*All events 400 meters and longer will be deck seeded with positive check-in required within 30 minutes after the start of warm-ups for that session. The 400 Free and 400 IM events will be swum fastest 3 heats of girls swum slow to fast; fastest 3 heats of boys swum slow to fast; remaining heats alternating girls then boys swum fast to slow.

**Entry Summary Sheet**  
**RSA 2010 Summer Sizzle Meet**  
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Use this form for a summary of entries.

Meet Classification	# Swimmers	# NC Individual Events	# OOS Individual Events	# Relay Events	
NC Women					
NC Men					
Out-of-State Women					
Out-of-State Men					
Column Totals					
	X \$17.00 surcharge	X \$2.50 NC IE fee	X \$3.00 OOS IE fee	X \$8.00 Relay entry fee	TOTAL DUE
		+	+	+	=

Make checks payable to: Raleigh Swimming Association. Total Fees are due at the time entries are received.

Return this summary sheet with entry fees, waivers, official rosters and entry forms to:

RSA 2010 Summer Sizzle Meet  
6300 Chapel Hill Rd  
Suite 110  
Raleigh, NC 27607  
(919) 859-4881  
meets@swimrsa.org

USA Swimming, Inc., North Carolina Swimming, Raleigh Swimming Association, Triangle Aquatic Center and other governing bodies of the facilities shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet.

Signature: \_\_\_\_\_

Coach: \_\_\_\_\_

Club: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Call Letters: \_\_\_\_\_

Wk Phone: \_\_\_\_\_

Hm Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\* This summary form and a check for all applicable fees are required for this to be a valid entry.**

2010 RSA Summer Sizzle Meet  
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Entry Checklist

Coaches:

Please let us know ASAP if you are coming to this meet. Send email to [kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org) with approximate numbers for **each** session.

Please use this checklist to make sure you return all the required items. The following forms must be filled out and included with your entry.

1. Fee Summary Form (including Email contact address) \_\_\_\_\_
2. Individual Entry forms including USA numbers OR  
computer-generated entries, along with a hard copy of entry \_\_\_\_\_
3. **NO NT entries. They will be scratched without refund** \_\_\_\_\_
4. Check payable to Raleigh Swimming Association for all fees \_\_\_\_\_